



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03115, Babyfood, apples, dices, toddler

Report Date: June 24, 2017 21:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	87.50	--	--	24.81
Energy	kcal	51	--	--	14
Energy	kJ	213	--	--	60
Protein	g	0.20	--	--	0.06
Total lipid (fat)	g	0.10	--	--	0.03
Ash	g	0.13	--	--	0.04
Carbohydrate, by difference	g	12.10	--	--	3.43
Fiber, total dietary	g	0.9	--	--	0.3
Sugars, total	g	10.83	--	--	3.07
Minerals					
Calcium, Ca	mg	10	--	--	3
Iron, Fe	mg	0.20	--	--	0.06
Magnesium, Mg	mg	6	--	--	2
Phosphorus, P	mg	13	--	--	4
Potassium, K	mg	50	--	--	14
Sodium, Na	mg	6	--	--	2
Zinc, Zn	mg	0.04	--	--	0.01
Copper, Cu	mg	0.020	--	--	0.006
Manganese, Mn	mg	0.040	--	--	0.011
Selenium, Se	µg	0.3	--	--	0.1
Vitamins					
Vitamin C, total ascorbic acid	mg	31.3	--	--	8.9
Thiamin	mg	0.010	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin	mg	0.020	--	--	0.006
Niacin	mg	0.080	--	--	0.023
Pantothenic acid	mg	0.039	--	--	0.011
Vitamin B-6	mg	0.050	--	--	0.014
Folate, total	µg	1	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	0
Folate, DFE	µg	1	--	--	0
Choline, total	mg	3.4	--	--	1.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	1
Retinol	µg	0	--	--	0
Carotene, beta	µg	14	--	--	4
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	10	--	--	3
Vitamin A, IU	IU	31	--	--	9
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	19	--	--	5
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.6	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.020	--	--	0.006
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.000
16:0	g	0.014	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
18:0	g	0.003	--	--	0.001
Fatty acids, total monounsaturated	g	0.004	--	--	0.001
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.004	--	--	0.001
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.009
18:2 undifferentiated	g	0.025	--	--	0.007
18:3 undifferentiated	g	0.005	--	--	0.001
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0